

# Meal Plan Overview

## Final Meal Plan: Pantry Challenge 2026-01-23

**Goal:** Create a layered, tasty meal < 30 mins using only existing stock. **Selected Meal:** Option 3B - Creamy Garlic-Ginger Chicken & Rice Skillet (White Sauce Variant).



### To Gather (Shop Your Home)

#### Produce

☐

Green Cabbage (1/2 head)

☐

Yellow Onion (1)

☐

Fresh Ginger (2-inch knob)

☐

Garlic (2 cloves)

☐

Radishes (3-4 for garnish)

#### Dairy / Fridge / Freezer

☐

Cottage Cheese (1 cup)

☐

Butter or Oil (1 tbsp)

☐

Pre-cooked Chicken Cubes (2 cups)

#### Pantry

☐

Rice (1 cup uncooked)

☐

Canned Corn (1 can)

☐

White Vinegar (1 tbsp)

☐

Salt & Pepper

## Menu

### Dinner: Creamy Garlic-Ginger Chicken & Rice Skillet

A high-protein, comforting skillet meal. The cottage cheese is blended into a smooth, savory “white sauce” that coats the ginger-spiced chicken and veggies. **Time:** 25 mins. **Diet Stats:** 50% Veg (Cabbage, Corn, Onion) / 25% Protein (Chicken, Cottage Cheese) / 25% Carb (Rice, Corn).

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Generated by Gemini Kitchen Agent 